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## ABSTRACT:

Stress, an unavoidable aspect of modern life, has long been associated with various health issues, including an increased risk of developing tumors. This article explores the intricate relationship between stress and tumor formation, elucidating the underlying biological mechanisms and discussing the implications for both prevention and treatment. By understanding how stress infuences tumor development, we can devise strategies to mitigate its detrimental efects on health and well-being.
